

## NO CARB BEVERAGES

**HOT** : coffee, espresso, green, oolong & black tea, “bone broth”



**COLD**: Club Soda / Seltzer, unsweet iced tea, iced coffee (unsweetened)

## AVOID HEADACHE & FATIGUE

The first 4-10 days of eating a **Low Carb High Healthy Fat (LCHHF) Diet**, the body will get rid of excess sodium in the urine. We need a certain amount of sodium (salt) for important functions, so people without high blood pressure (hypertension) can drink salted “bone broth” or add a bit of sea-salt to other foods.

## WHAT IS “BONE BROTH” ?



Bone broth is just exactly what it sounds like - a broth made from beef, chicken or fish bones, along with onion, garlic or herbs for flavor. For those who are heart-healthy, sea-salt can be added as a source of sodium.

**RECIPES**  
**STORIES**  
**DETAILS**

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## WHY LOW CARB?

The human body is designed to use either *carbohydrates* or *fat*, as a fuel source. The body has only about a day's supply of carbs stored as glycogen, and the rest is stored as fat. When we are continuously eating carbs, there is no need for our bodies to use stored fat for energy, and so body fat continues to accumulate.

## WHY DOES IT WORK?

When we eat a low carb diet, insulin which is the hormone that is responsible for storing carbs as fat, drops. Since the body needs a source of energy, it turns to the “other” fuel source of fat to supply it. The body will then manufacture the glucose it needs for our blood from our fat stores, making them smaller.

**website:** [www.bbdnutrition.com](http://www.bbdnutrition.com)

NUTRITIONAL CONSULTATION:

**Low Carb /  
High Healthy Fat  
(LCHHF) Diet**

**BBD Nutrition**  
Nutrition is BetterByDesign™

FOR MORE INFORMATION:

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# Low Carb / High Healthy Fat (LCHHF) Diet

## FOOD CATEGORIES

1. **Non-starchy vegetables:** most vegetables that grow above the ground (except peas, corn and winter squash)
2. **Meat, fish, poultry & seafood:** fatty fish (salmon, mackerel, tuna), shell-fish (shrimp, scallops) domesticated and wild game meats, raised or wild birds
3. **Low sugar fruit:** lime, lemon, tomato, peppers, avocado, olives, eggplant, cucumber
4. **Plant fat:** olive oil, avocado oil, nuts, pumpkin seeds (pepitas), coconut oil
5. **Animal fat:** cheese, full fat Greek yoghurt, eggs with yolk, full fat cream (in beverages), butter
6. **Unsweetened beverages:** coffee, tea, water, carbonated water, bone broth

## HOW MUCH ?

**Non-starchy vegetables:** 6 - 11 servings per day, 3 cups as leafy greens, as calculated

**Meat, fish, poultry & seafood:** as calculated based on body weight

**Low sugar fruit:**  $\leq 1\frac{1}{2}$  avocado, ~6 olives, lime /lemon in water, other fruit such as bell or hot pepper, eggplant, cucumber & tomato as part non-starchy vegetable servings, as calculated

**Plant fat:** 2-4 tbsp. olive oil, avocado oil, or coconut oil at each meal, butter for taste

**Animal fat:** cheese ( $\leq 4$  oz./day), whole egg ( $\leq 2$ /day), full fat Greek yoghurt (1-2 oz./day),  $\leq 2$  tbsp. cream/day,  $\leq 2$  tbsp. mayo & butter/day

**Unsweetened beverages:** as desired

## HOW OFTEN ?

**OVERNIGHT FAST:** 12 hours from when supper is finished until breakfast the following morning. This allows insulin levels to fall to baseline.

**EAT UNTIL SATISFIED:** Eat meals when hungry, eat until no longer hungry.

**AVOID SNACKING** - as it raises insulin levels between meals (unsweetened beverages are fine)

**NOTE:** Diabetics taking medications to lower blood-sugar (including insulin) must consult with their doctor before starting to eat low carb, as their blood sugar could get much too low.

RECIPES  
STORIES  
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## WHAT TO AVOID ?

Fast food, commercially pre-prepared foods and 'specialty foods' marketed for "low carb diets".

**Eat real food.**

Low carb but low nutrient food. **Eat food naturally full of nutrients.**

## WHAT ELSE ?

**Get adequate sleep** each night (aim for 8 –9 hours)

**Get moving** - include 30 minutes a day of brisk walking

3 times / week '**break a sweat**'. It doesn't have to be at a gym; try line-dancing, bicycle riding, skateboarding, swimming, Frisbee, hiking. Make it fun !

**Reduce stress** - change what you can, let go of what you can't. It's okay to ask for help.

## MORE INFO:

website: [www.bbdnutrition.co](http://www.bbdnutrition.co)